

Making Positive Moves research findings: Supporting people to live their best lives



Our project is about finding out what helps people when moving



We spoke to 22 people with learning disabilities about their experiences of moving



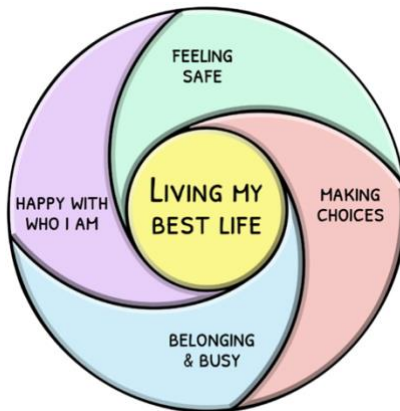
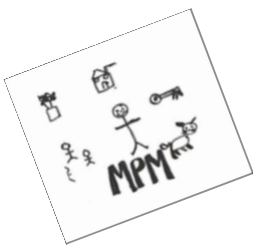
We then spoke to 18 of these people 1 year later



We also spoke to families and carers



We wanted to know some of the good things about moving and some things that have been difficult



What did we find out?

The interviews helped us create a model called “living my best life”

This included 4 areas that people in the interviews said were important when moving

We have also made a video of the model to help explain it:

https://www.youtube.com/watch?v=Oy_bJreYte8

Sharing our findings

We have created a group for people with learning disabilities, carers, and people who make policies

This group helps us share the findings from our project



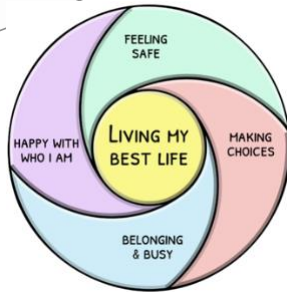
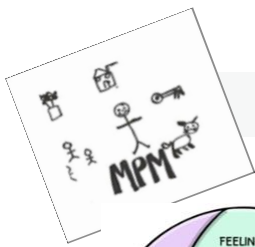
What is next?

We will keep working with other people to help improve the lives of people with disabilities



This will hopefully reduce hospital admissions for people with learning disabilities





Our work will be based on the living my best life model



We would love to hear from you if you have any comments or want to share any of your thoughts.



You can contact us on social media:
Facebook (Making Positive Moves),
Twitter (@moves_positive) and
Instagram (@makingpositivemoves).

You can also email us at:
hello@makingpositivemoves.org